



8865 '98 NOV 24 P2:34

October 30, 1998

Office of Special Nutritionals
HFS-450 Center for Food Safety and Applied Nutrition
U.S. Food and Drug Administration
200 C St.SW
Washington DC 20204

Statement of Nutritional Support- **EASTERN EVENING BALANCE**
Pursuant to 21 CFR Part 101.93, American Specialty Health & Wellness (ASHW) files the following Statement of Nutritional Support for the Dietary Supplement marketed as: **EASTERN EVENING BALANCE**

- 1) Name and Address of Distributor: ASHW 8989 Rio San Diego Dr. Ste. 250, San Diego CA 92108
- 2) Text of Nutritional Support Statement being Made:
"Eastern Evening Balance formula contains a blend of vitamins, minerals, and herbs formulated to support your body's natural daily rhythms, providing nutrients that are most supportive of the body's evening cycle."
- 3) Name of dietary ingredient(s): See Attached Product Label
- 4) Brand Name: **EASTERN EVENING BALANCE**
- 5) Substantiation information on file at the company office. The corporate officer who can certify same is Dr. Doug Metz, Vice President.

Yours truly,

A handwritten signature in dark ink, appearing to read "Doug Metz", written over a horizontal line.

Dr. Doug Metz
Vice President

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Eastern Evening Balance

Description:

Eastern Evening Balance formula contains a blend of vitamins, minerals and herbs formulated to support your body's natural daily rhythms, providing nutrients that are most supportive of the body's evening cycle.

These statements have not been evaluated by the Food and Drug Administration (FDA). This product is not intended to diagnose, treat, cure or prevent any disease.

Other Ingredients: Gelatin, cellulose, calcium phosphate hydrous, stearic acid, magnesium stearate and silicon dioxide.

*Daily Value not established

Eastern Evening Balance is free of wheat, corn, soy, dairy, sucrose, starch, salt and yeast.

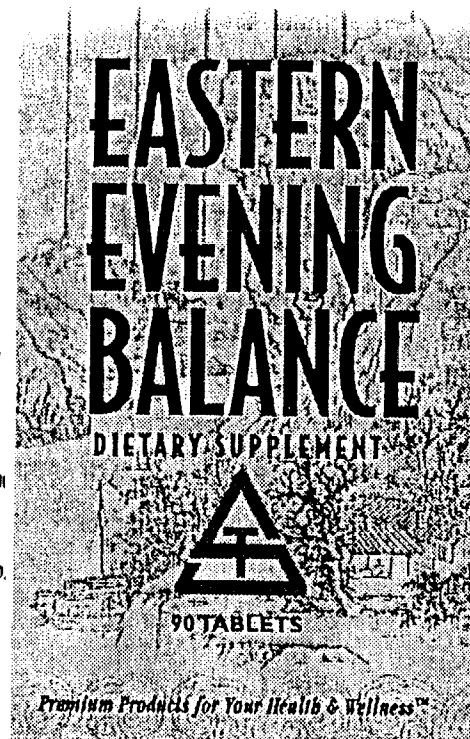
Directions For Use: Take 3 tablets each evening

Storage: Keep tightly closed in a cool, dry place

Caution/Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning of children under six. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately. As with any supplement, herb or medication, do not use it while pregnant or lactating, or provide it to a child without consulting a physician.

Note: This product is regulated by the FDA as a dietary supplement. If you have any questions about how you feel while taking this supplement, contact your physician. If you are taking any medication, have any disease or illness, consult your physician before taking this product. Do not stop or change prescribed medication without the permission or prescription of your physician.

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Supplement Facts

Serving Size: 3 Tablets - Servings Per Container: 30

	Amount Per Serving	% Daily Value
Vitamin A (as beta carotene, 10,000 IU and palmitate, 4,000 IU)	11,000 IU	220%
Vitamin C (as ascorbic acid)	100mg	167%
Calcium (as amino chelate)	100mg	10%
Iron (as Ferrochel® amino chelate)	9mg	50%
Vitamin D	100 IU	25%
Niacin (as niacinamide)	50mg	250%
Folate (as folic acid)	400mcg	100%
Iodine (as potassium)	150mcg	100%
Magnesium (as amino chelate)	100mg	25%
Zinc (as amino chelate)	15mg	100%
Selenium (as amino chelate)	200mcg	1000%
Copper (as amino chelate)	2mg	100%
Manganese (as amino chelate)	2mg	100%
Chromium (as Chromium Chelavite® amino chelate)	200mcg	167%
Glutathione (reduced)	2mg	*
Citrus bioflavonoid complex	50mg	*
Apple pectin	50mg	*
A proprietary Chinese herbal decoction containing extracts of Hawthorn berry (Crataegus cuneata fruit), Schisandra (Schizandra chinensis fruit), Zizyphus (Zizyphus jujube seed), and Ho shou wo (Polygonum multiflorum stem)		
	450mg	*